



Uka Tarsadia University

SRIMCA-MBA

Report of Expert talk Organized on Workplace Counselling

Date: October 17, 2024

Venue: C-105, SRIMCA-MBA

Time: 11:30 to 12:30

Total No. of Participants: SYMBA HR Students (30)

Name of the Expert: Dr. Urvish P. Jaganiya

Profile of Expert: Consultant Psychiatrist, (MBBS, DPM)

Program Objective: The primary objective of the session was to introduce participants to know about basic importance of the coaching and counselling at the workplace and determining them to learn about some skills that is essential to be a good HR in any firm.

Program Outline: A comprehensive session on workplace counselling, different interviewing skills, counselling methods, some strategies of knowing conflicts and how it can be resolved, mental health illnesses and some tips they need to know.

Program Outcome: Students learn the importance and different methods of coaching and counselling at the workplace.

Schedule of Events

Time	Activity
11:30-12:30	Workplace Counselling

On **October 17, 2024**, SRIMCA-MBA at Uka Tarsadia University organized an insightful expert session for **MBA HR students**, featuring **Dr. Urvish P. Jaganiya**, the **Consultant Psychiatrist**. The talk, which took place from **11:30 to 12:30 PM**, focused on the theme of **"Workplace Counselling"**

The workplace counseling session, conducted by Dr. Urvish Jaganiya, highlighted the vital importance of mental health and counseling in maintaining a healthy, productive work environment. Dr. Jaganiya emphasized that counseling is an essential tool for addressing both personal and professional challenges that employees face, which can significantly impact their work performance. He underscored the role of HR professionals in providing support to employees, helping them manage stress, anxiety, and conflicts, thus boosting morale and productivity within the organization.

Mental health awareness was another key focus of the session, with Dr. Jaganiya discussing the growing prevalence of mental health challenges such as anxiety, depression, and burnout in the workplace. He stressed the need for HR professionals to be trained in recognizing signs of mental distress and taking appropriate steps to intervene. Early detection and empathetic communication are crucial in creating a supportive work culture where employees feel comfortable expressing their concerns without fear of stigma.

Dr. Jaganiya also addressed the topic of workplace conflict, offering practical strategies for conflict resolution. Conflicts are inevitable in any work environment, but managing them effectively is key to maintaining a harmonious workplace. He advised HR professionals to use active listening, maintain neutrality, and encourage open communication to help employees resolve disputes and understand each other's perspectives.



Report Prepared by: Ms. Heta Shukla
Date: October 18 2024

